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Irlanda Italiana Association

Food & Drink



Valle D'Aosta

Area: 3,263 km²

Population: 123,978

Density: 38/km²

Capital: Aosta

Main Cities: Aosta, Arnad, Courmayeur, La Thuile



Food & Drink



Fontina: cheese made from cow's milk that originates from the Valley, it is found in dishes such as a <<soup alla valpellenentze>>



Carbonada:
salt-cured beef cooked with onions and red wine served with polenta



Black bread



Gamay: the local light red wine, it grows on the terraced vineyards visible along the steep rock walls of the valley



Piemonte

Area: 25,399 km²

Population: 4.3 million

Density: 171/km²

Capital: Turin (Torino)

Main Cities: Alessandria, Asti, Biella,
Cuneo, Novara, Torino, Verbanco-Cusio-Ossola,
Vercelli



Food



Bollito Misto: mix of beef and pork meat boiled with vegetables and eaten with a variety of sauces & **Fritto Misto:** mixture of fried meats and vegetables



Bagna Cauda: hot garlic and anchovies creamy sauce eaten with raw vegetables



Panissa Vercellese: typical dish from Vercelli made with rice, beans and sausages



Drink



Barolo and Barbaresco are the most famous wines from Piemonte

Asti is a sparkling wine from the Moscato grape

There are also beers like Menabrea and aromated wines



Lombardia



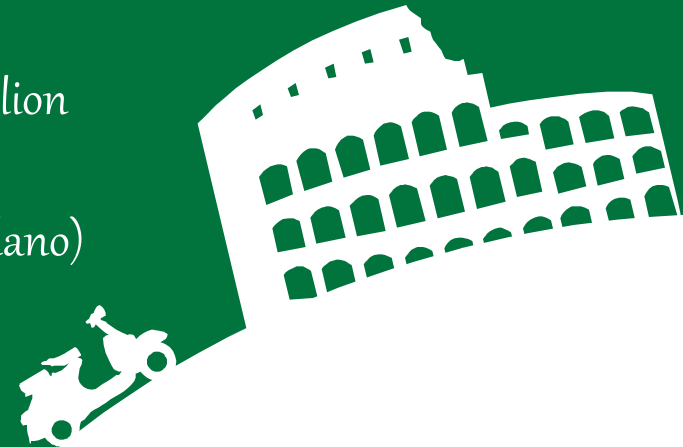
Area: 23,861 km²

Population: 9.4 million

Density: 401/km²

Capital: Milan (Milano)

Main Cities: Bergamo, Brescia, Como
Cremona, Lecco, Lodi, Milano, Mantova
Monza e della Brianza, Pavia, Sondrio, Varese



Food

Polenta (Asino e Polenta, Polenta e Osei, Polenta e Gorgonzola): dish made from boiled cornmeal

Pizzoccheri: short tagliatelle made out of buckwheat flour and wheat, laced with butter, green vegetables, garlic, sage, potatoes and onions, all topped with Casera cheese



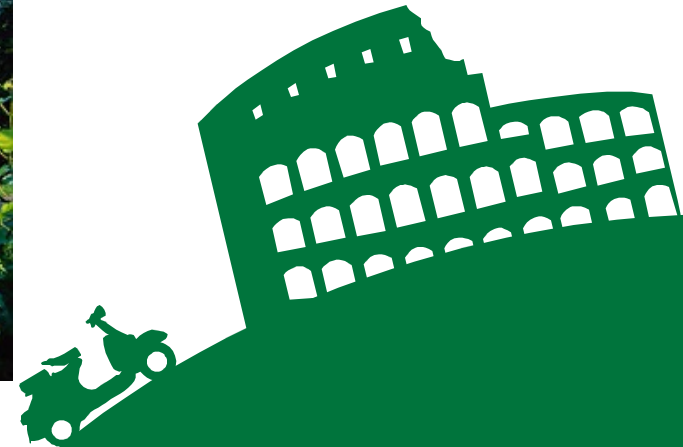
Risotto alla Milanese: The best known version of risotto, flavoured with saffron and typically served with many typical Milanese main courses like Ossobuco alla Milanese, a dish of braised veal shanks



Drink

Oltrepò Pavese: a remarkable wine zone with 14 different types of wine (Pinot Nero, Barbera, Croatina, Uva Rara, Vespolina, etc...). Oltrepò Pavese is the zone around Pavia on the south banks of Po river and the countryside around Garda Lake

Franciacorta is a sparkling wine produced from grapes grown within the boundaries of the territory of Franciacorta on the hills of a series of townships to the south of Lake Iseo, in the Province of Brescia



Trentino Alto Adige

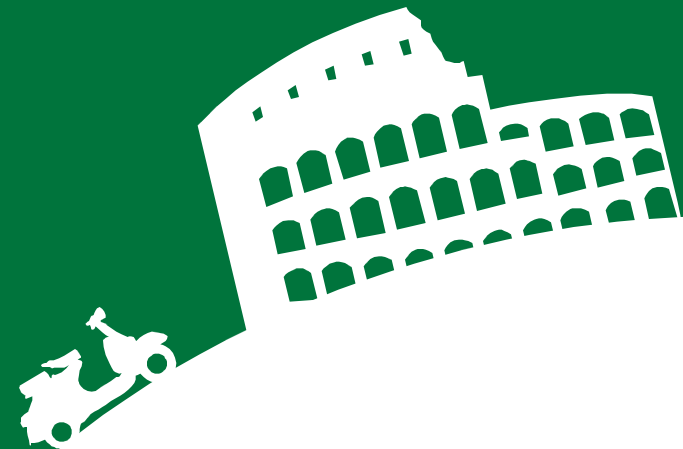
Area: 13,607 km²

Population: 994,703

Density: 73/km²

Capital: Trento

Main cities: Bolzano, Trento



Food

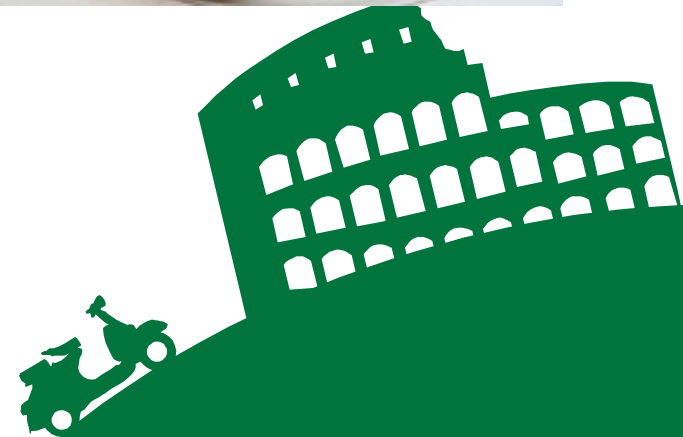
Fresh water fish is a speciality

Goulash: regular Sunday dish, originally from the Medieval tradition, it is served also with gnocchi and homemade sauerkraut

Sausages: very popular meal, they are eaten with homemade sauerkraut known as crauti



Speck dell'Alto Adige, or country bacon: traditionally smoked over a wood fire and then cured for an average of 20 to 24 weeks



Drink

Beer in Italy? Alto Adige, with its crystal clear water from the Eastern Alps, became an ideal area for the production of birra. Although few of the traditional small breweries still exist, several large companies, such as **Forst**, still produce millions of gallons of beer..



*Trentino's Teroldego:
superb red wine*

**Moscato Rosa or
Rosenmuscateller:** sweet
sparkling rosé wine,
refreshing and delicately
flavoured



Friuli Venezia Giulia

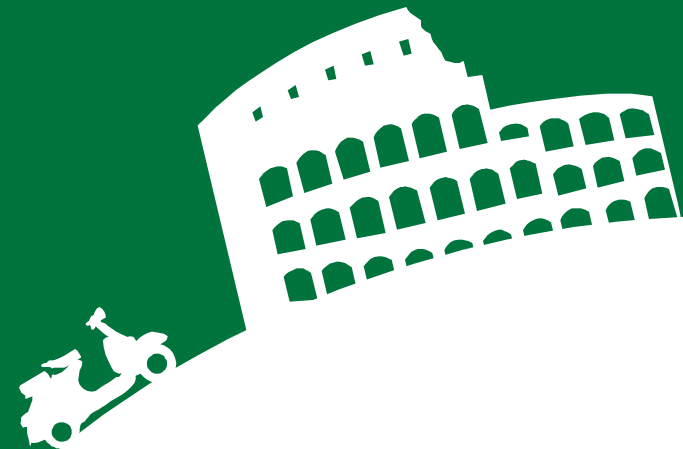
Area: 7,856 km²

Population: 1.2 million

Density: 154/km²

Capital: Trieste

Main cities: Gorizia, Pordenone, Trieste, Udine



Food & Drink

Viennese sausage, goulash and Bohemian hare are commonplace dishes along with spicy pork which is often prepared over an open hearth

San Daniele del Friuli ham

Montasio cheese



Pinot Grigio: Italy's most popular white wine is produced from the Pinot Grigio grape varietal. Its flavors can range from melon to pear and some even offer a subtle tropical or citrus fruit



Veneto

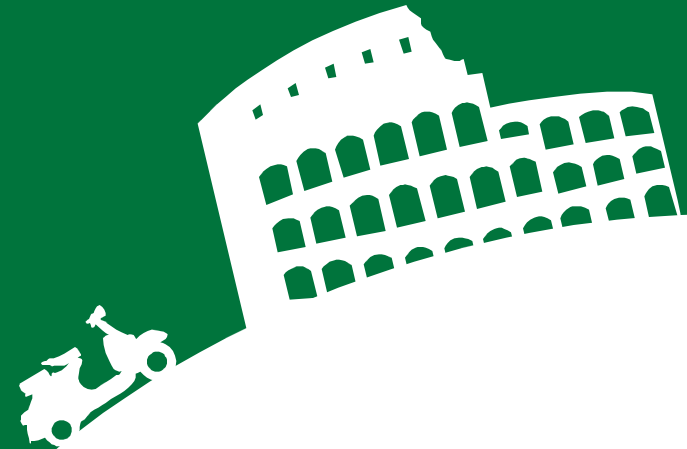
Area: 18,391 km²

Population: 4.8 million

Density: 261/km²

Capital: Venice (Venezia)

Main cities: Belluno, Padova, Rovigo, Treviso, Venezia, Verona, Vicenza



Food

Veronese Vialone Nano Rice from Verona: type of rice with short, plump grains, which have a creamy consistency when cooked



The White Asparagus of Bassano: typical product of the northern part of the province of Vicenza



Pandoro: (*pan d'oro*) traditional Italian sweet yeast bread, most popular around Christmas and New Year



Tiramisu: one of Veneto's best known dessert, made from mascarpone, coffee, Marsala wine, savoiardj and chocolate



Drink



Grappa: after making wine, the alcohol of the pressed grapes is distilled to produce grappa



Spritz: very popular drink among young people, usually composed by 1/3 sparkling wine and 2/3 Aperol.

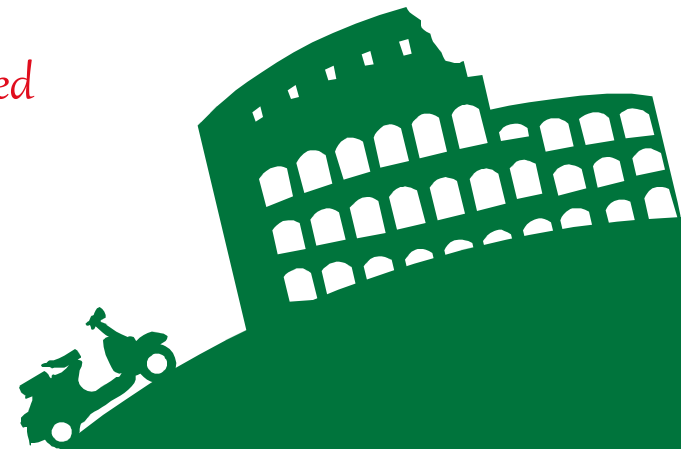
Also Campari, or Gin are used



Prosecco:
dry sparkling wine



Among the best wines can be remembered: Soave, Bardolino, Recioto, Amarone, Torcolato Prosecco, Tocai Rosso and Valpolicella



Liguria

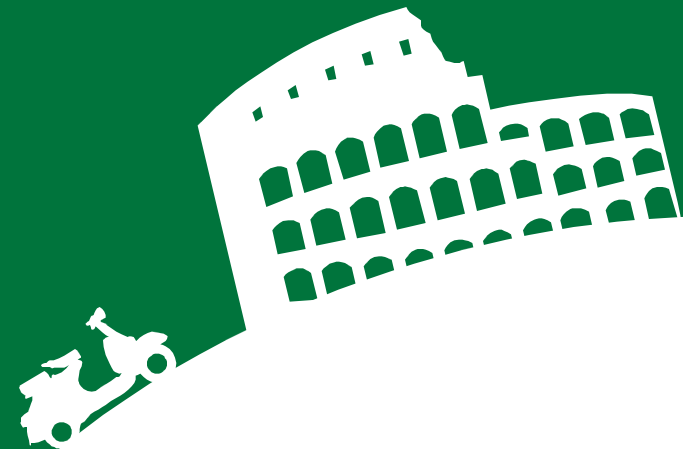
Area: 5,420 km

Population: 1.6 million

Density: 297/km²

Capital: Genoa (Genova)

Main cities: Genoa, Imperia, La Spezia, Savona



Food

Pesto is originally from Liguria, it's one of the most popular sauces in Italian cuisine.

Basil, the main ingredient of pesto, grows freely on the dramatic hillsides of this spectacular region.



Focaccia bread : although similar to pizza, its origin is believed to be about two thousand years older



Torta di verdura: local speciality, a vegetable pie made with borage and other wild late-winter herbs



Pandolce Genovese: dessert, sweet bread made with candied fruit, raisins and nuts.



Drink



Rossese di Dolceacqua: fruity red wine, the only one worth mentioning red wine (red are not so common)

Limoncello: citrus based spirit, still made at home in many areas of Liguria



Sciacchetrà: prestigious dessert wine produced in the Cinque Terre



Emilia Romagna

Area: 22,124 km²

Population: 4.2 million

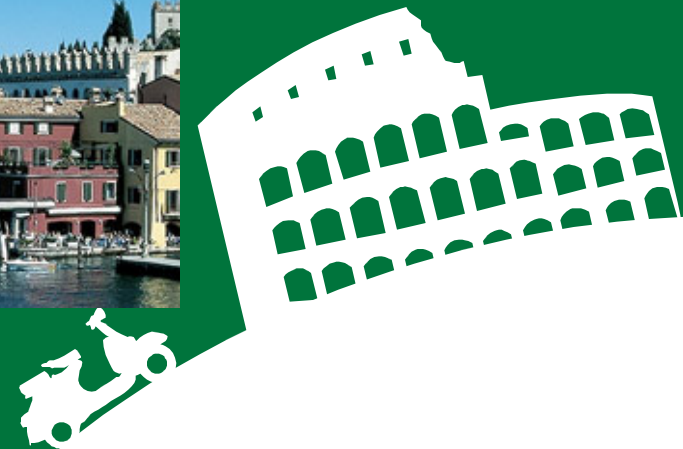
Density: 189/km²

Capital: Bologna

Main cities: Bologna, Ferrara, Forli-Cesena,

Modena, Parma, Piacenza, Ravenna,

Reggio Emilia, Rimini



Food

Aceto Balsamico Tradizionale: the original Balsamic vinegar is produced only in the region, in the neighbouring towns of Modena and Reggio Emilia. The word "tradizionale" is essential on the label



Parmigiano Reggiano cheese: made in a large part of Emilia. Parmigiano Reggiano was originally made only with the superior quality milk obtained from the red coated cows of Reggio Emilia



Tortellini: ring-shaped pasta. They are typically stuffed with a mix of meat (pork loin, prosciutto) or cheese



Prosciutto di Parma: famous cured ham



Drink

Lambrusco: the favourite wine to drink with all the rich local specialities, tart, dry and worlds away from the sickly export version

Sangiovese di Romagna: perfect for fine drinking at bargain prices



Toscana

Area: 22,990 km²

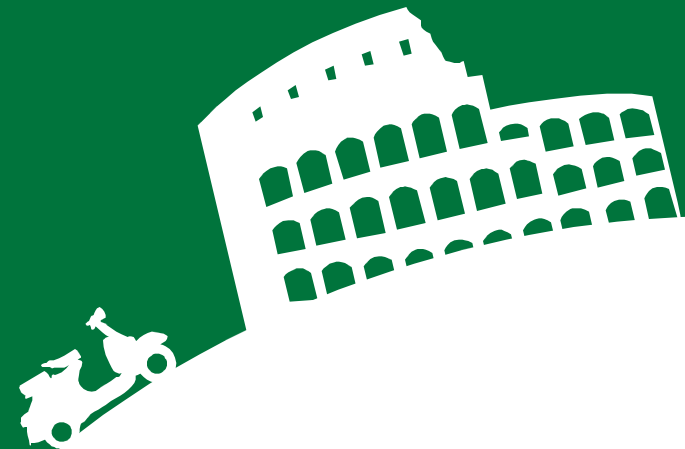
Population: 3.6 million

Density: 157/km²

Capital: Florence (Firenze)

Main cities: Arezzo, Firenze, Grosseto, Livorno

Lucca, Massa-Carrara, Pisa, Pistoia, Prato, Siena



Food



Ribollita: originally made by reheating all the leftover vegetable and minestrone soup from the day before

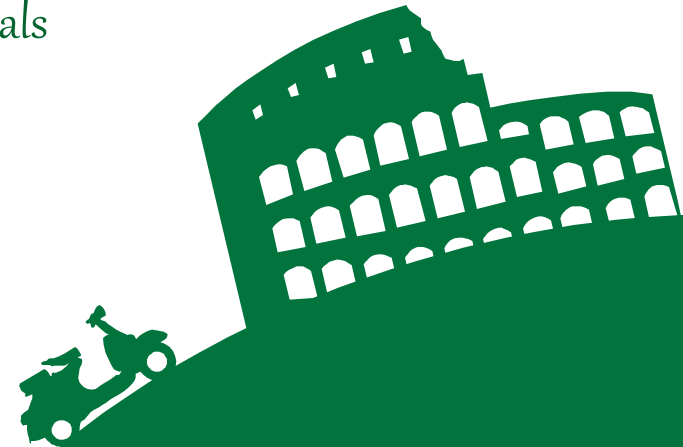


White truffles: from San Miniato, they appear in October and November



Bistecca alla Fiorentina: beef from the Chianina cattle Tuscany, normally cooked rare over hot coals

Cantuccini e Vin Santo: it's a traditional dessert consisting of a glass of sweet wine and a selection of almond biscuits



Drink



Chianti: one of the most famous red wines around the world. Chianti is produced in the area between Florence and Siena, called Chianti



Brunello di Montalcino: covering the vineyards around the fortified city of Siena, where red wines achieve legendary depth and longevity. The only traditional wine that has the power to accompany a big Florentine steak



Alkermes: type of Italian liqueur prepared by infusing neutral spirits with sugar, cinnamon, cloves, nutmeg and vanilla and other herbs flavoring agents



Marche

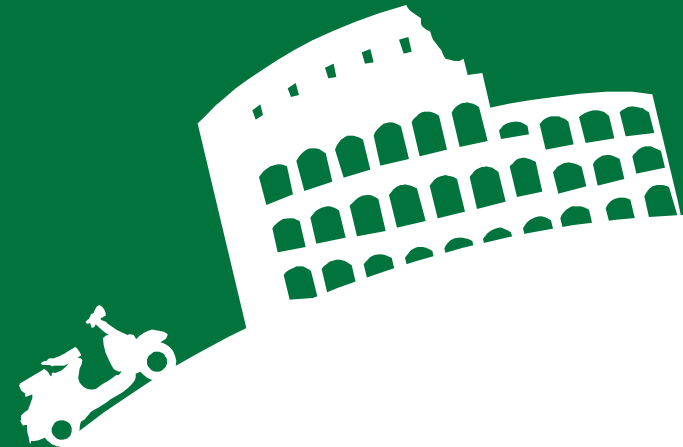
Area: 9,694 km²

Population: 1.5 million

Density: 159/km²

Capital: Ancona

Main cities: Ancona, Ascoli Piceno, Fermo,
Macerata, Pesaro e Urbino



Food & Drink



Vincisgrassi: lasagna dish



Ciauscolo: salami made by kneading very finely ground pork with a good quantity of fat until the mixture is very soft



Olive all'ascolana (stuffed olives): a must on the table of locals during the festivities



Verdicchio dei Castelli di Jesi: one of the strongest Italian white wines

Rosso Conero: rich red wine, perfumed wine that often reaches greatness



Umbria

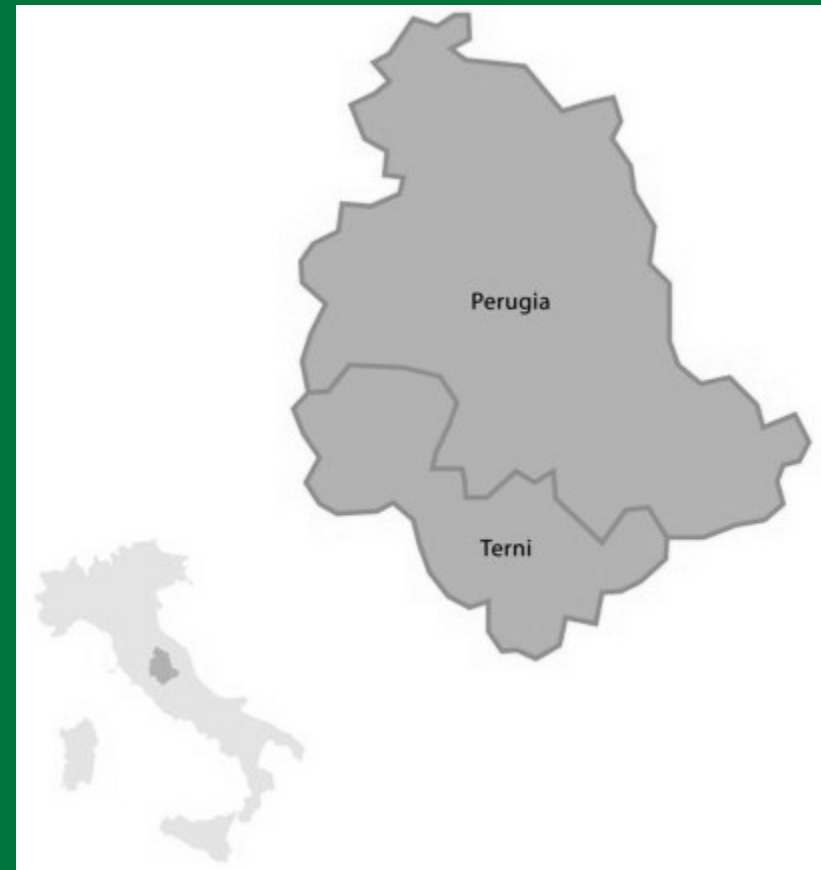
Area: 8,456 km²

Population: 867,878

Density: 103/km²

Capital: Perugia

Main cities: Perugia, Terni



Food & Drink

Wild pigeons: served in autumn with a sauce of olive oil, wine, vinegar and herbs

Black truffle: grows in profusion in the area near Norcia and their location is secretly guarded and handed down from one family member to another

Chocolate from Perugia: famous all over the world and an annual chocolate festival is held in that city for eight days every October



Montefalco Rosso , red wine

Torgiano Rosso: powerful red wine made from 100% Sagrantino grapes

Orvieto Classico: most famous white wine from Umbria



Abruzzo

Area: 10,794 km²

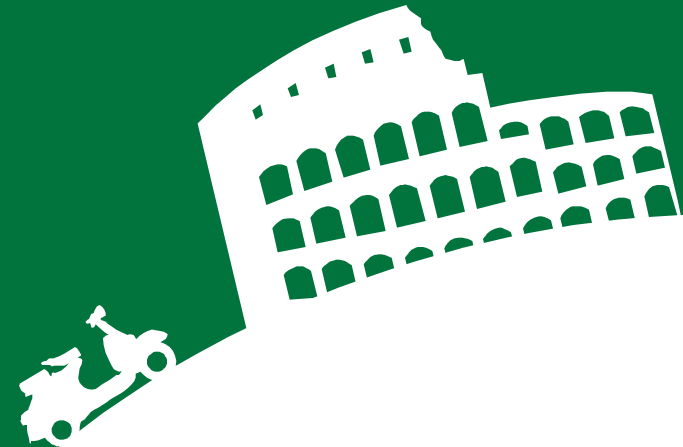
Population: 1.3 million

Density: 122/km²

Capital: L'Aquila

Main cities: Chieti, L'Aquila

Pescara, Teramo



Food & Drink

Saffron: the province of L'Aquila is famous for its saffron, made from the pistils of the tiny *crocus sativus*

Arrosticini: traditional dish made from the meat of a castrated sheep, cut into chunks, threaded onto a skewer and then cooked over an open fire

Spaghetti alla chitarra: square strands of pasta served with a tomato sauce



Montepulciano d'Abruzzo: wine of convincing character that has been winning admirers abroad

Amaro Gran Sasso: one of the bitter digestive liqueurs that Italians are so fond of, it's content is upwards of 70% proof



Lazio

Area: 17,208 km²

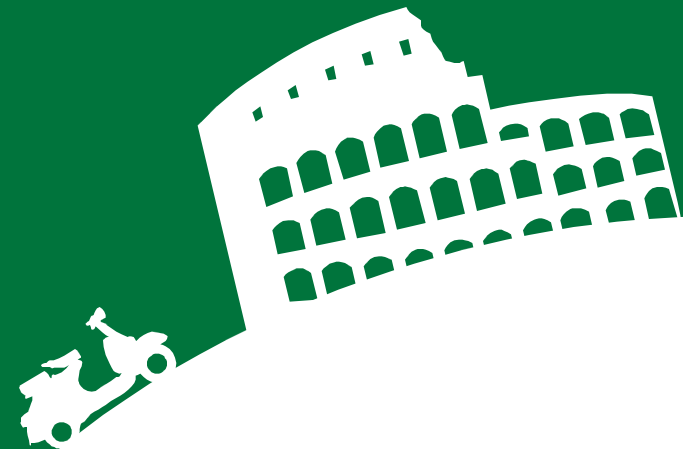
Population: 5.6 million

Density: 327/km²

Capital: Rome (Roma)

Main Cities: Frosinone, Latina

Rieti, Roma, Viterbo



Food



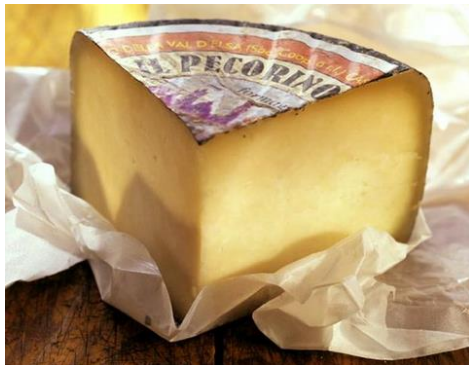
Spaghetti alla carbonara: one of our best loved pasta dishes, a classic pasta dish, combining eggs not fully cooked and bacon



Porchetta Romana: savory, fatty, and moist boneless pork roast of Italian culinary tradition



Arrabbiata, popular pasta sauce, means 'angry', it's so named because of the flakes of hot peperoncino that are added to it



Pecorino romano and **Ricotta**: unique cheese made from sheep's milk, soft and flavourful, which is prepared inside wicker basket



Drink

Fontana Candida: white wine produced in Monte Porzio Catone, defined as the image of Frascati



Est! Est! Est!: The latter is named for a legendary tale in which a Flemish steward serving Bishop Giovanni Defluc was sent ahead to suss out accommodations and mark inns at which he liked the quality of the wine with "Est!" (this is it!)



Frascati: dry white wine, slightly pale in color. It is fruity and floral on the nose and palate and can be produced in Frascati, Grottaferrata and Monte Porzio Catone



Molise

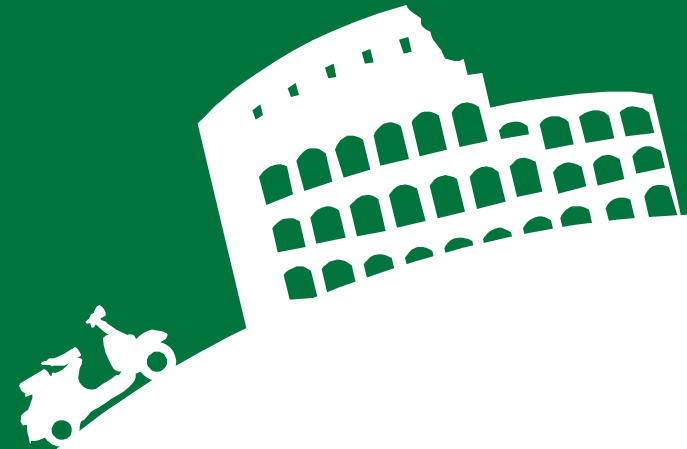
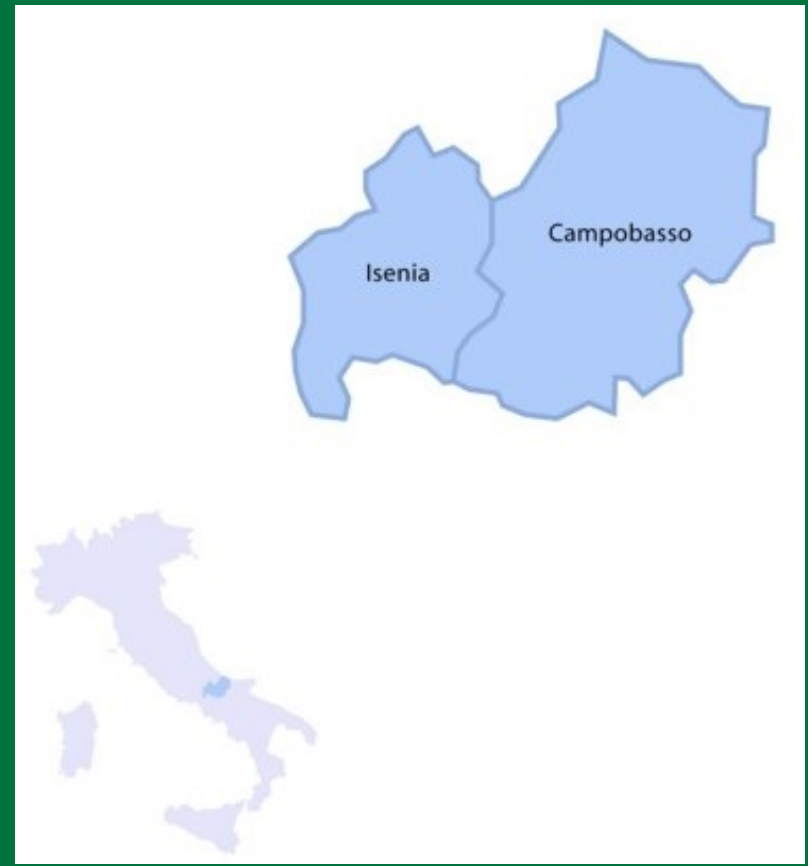
Area: 4,438 km²

Population: 320,907

Density: 72/km²

Capital: Campobasso

Main cities: Campobasso, Isernia



Food & Drink

Caciocavallo cheese: type of stretched-curd cheese made out of sheep's or cow's milk



Lenticchie (lentils): good pasta often goes very well with lentils, they were considered to possess magical powers as well as promises of money and fortune



Cazzarieglie e fasciuole: typical dish in the town of Vastogirardi. Beans are cooked slowly with guanciale (the secret ingredient of bucatini all'Amatriciana) olive oil, onions and celery

Bifereno: was recognized in 1983 and applies to the red, white and rosato

Molise: applies to a mix of native Italian and international varieties, creating new possibilities for producers who have been striving to establish an identity with wine beyond the region



Campania

Area: 13,595 km²

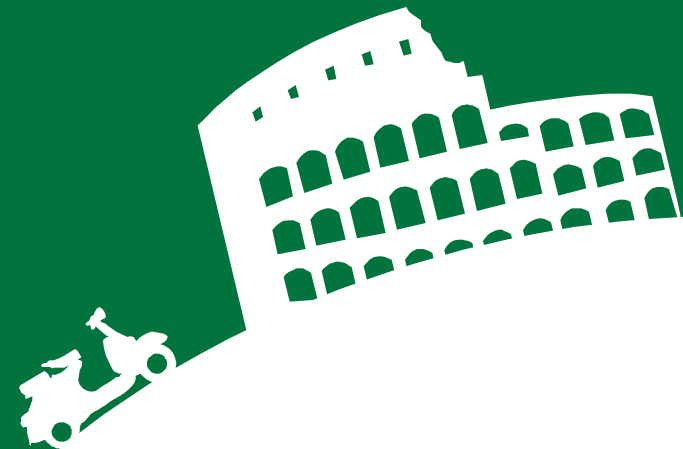
Population: 5.8 million

Density: 426/km²

Capital: Naples (Napoli)

Main cities: Avellino, Benevento,

Caserta, Naples, Salerno



Food



Mozzarella di Bufala, product most widely known. The true characteristic of this fresh cheese with a delicate taste is its consistency, which should be firm, slightly elastic and chewy

Pizza: palate's delight, born in Naples, in honour of Queen Margaret. From simple baked product it became a rich, surprising and always appreciated food



Pastiera: local cake that the campanians eat during the Easter and it's very popular in Italy



Drink



Il Caffè: the typical italian espresso

Crema di limone: cream-based, less strong than limoncello and is an opaque off-white



Baba: A rum baba or baba au rhum is a small yeast cake saturated in liquor



Puglia

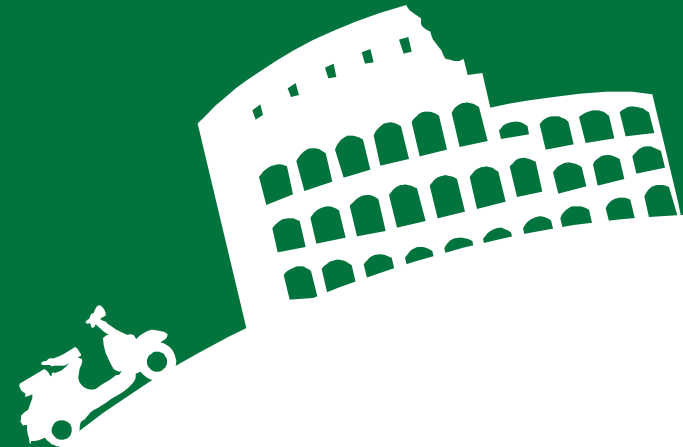
Area: 19,366 km²

Population: 4 million

Density: 210/km²

Capital: Bari

Provinces: Bari, Barletta-Andria-Trani,
Brindisi, Foggia, Lecce, Taranto



Food

Orecchiette with rape broccoli (meaning 'little ears'): pasta with sauces made from the abundance of vegetables grown locally and in common with other southern regions the chilli is used freely



Fava Bean Puree and Chicory Greens: cooked during the winter months and usually accompanied by Chicory Greens and a drizzle of extra-virgin olive oil



Burrata di Andria: cheese made from sheeps milk, very popular and it must be consumed within 24 hours to be properly appreciated



Altamura Dop Bread:

traditional Apulian bread, product from the zone of the Murgia Altamura in the province of Bari



Drink

Primitivo di Manduria: red delightful wine, full bodied, jammy with tones of chocolate and raisins

Salice Salentino: powerful red produced in the Lecce province. It is made primarily with Negroamaro and has gained an enthusiastic following abroad because of the excellent ratio quality-price



Aleatico di Puglia: historic, sweet, high-alcohol dessert wine, made with Aleatico grapes



Basilicata

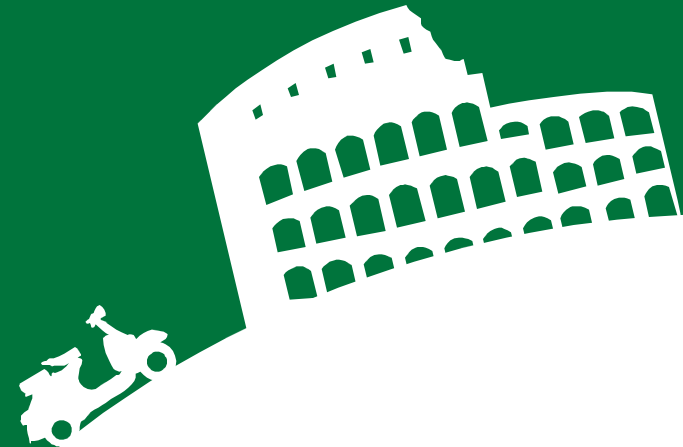
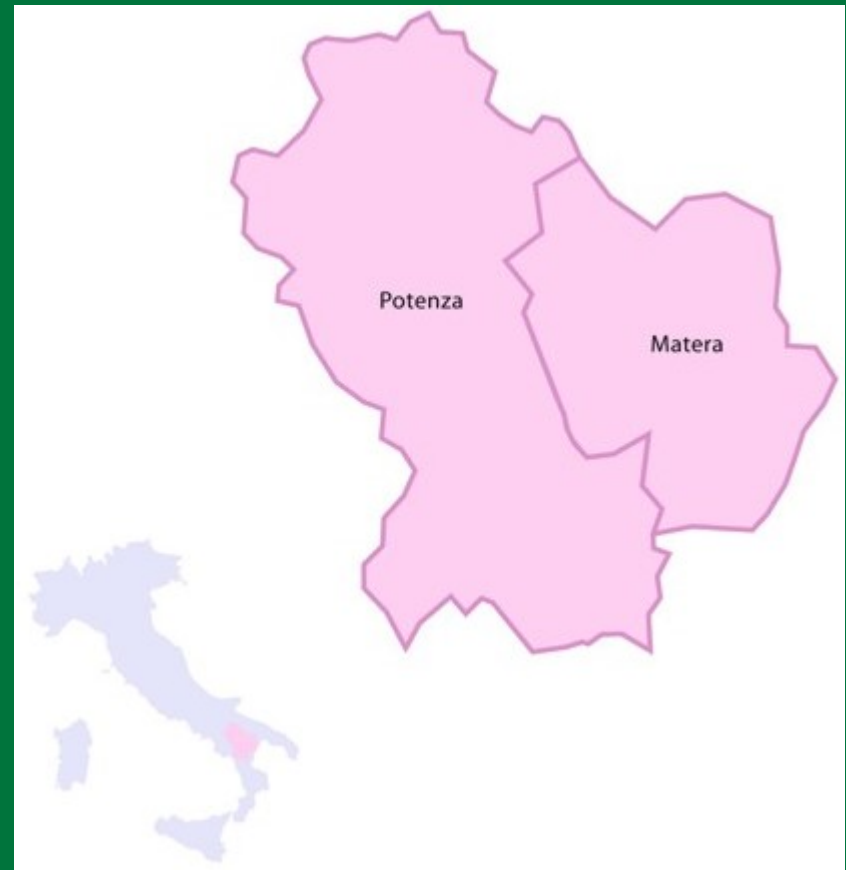
Area: 9,995 km²

Population: 600,000

Density: 59/km²

Capital: Potenza

Provinces: Potenza, Matera



Food & Drink

Pork: an integral part of Basilicata's cuisine, roasted on spit, grilled and always made into the mouth watering sausages for which the region has become renowned



Orecchiette with Meatballs and Mozzarella: classic Sunday dinner dish in Potenza which is served into a terra-cotta pot and with the mozzarella and Pecorino at the top



Soft bruschetta with tomato and purple onions: delicious finger food to serve also at the parties with a glass of crisp white wine

Bianco Malvasia: wine produced in the flatlands around Metaponto, dry but fruity. Ideal with fish.

Moscato: widely produced dessert wine with a sweet taste



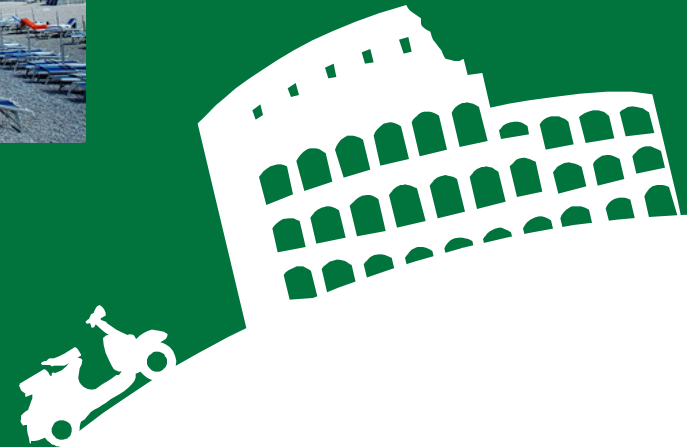
Calabria

Area: 15,081 km²

Population: 2.9 million

Capital: Catanzaro

Main cities: Catanzaro, Cosenza,
Crotona, Reggio Calabria, Vibo Valentia



Food



Morzeddu (the small bite): made with the animal entrails, cooked with tomato, hot pepper and served inside a pita bread



Maccu di fave: the most typical traditional vegetable soup, a purée of broad beans cooked without seasoning but then given flavour by the addition of uncooked olive oil, grated pecorino cheese and plenty of pepper



Fusilli: made by wrapping the pasta around a metal rod, called a «firrittu» and are the shape of a thick, short piece of spaghetti, with the solid and rough taste of wheat. They are dressed with tomato, ham, garlic, oil and chilli pepper



Drink



Bivongi: wine made under the Bivongi title come in red, white and rose (rosato) forms



Cirò: one of the oldest named wines in the world, with winemaking history of thousands of years, this is Calabria's flagship wine



Sicilia

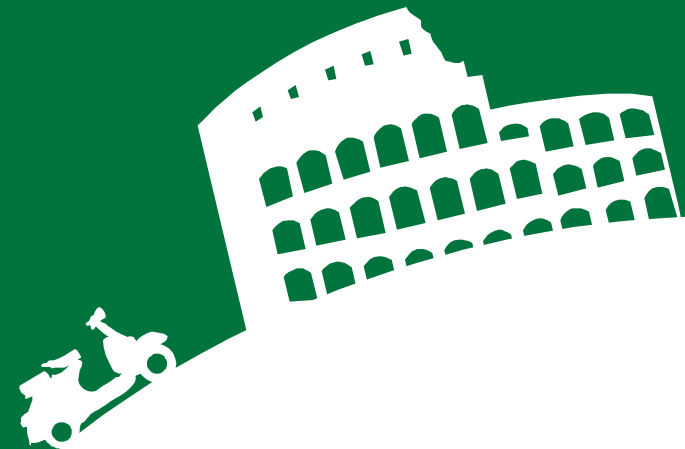
Area: 25,708 km²

Population: 5 million

Density: 195/km²

Capital: Palermo

Provinces: Agrigento, Caltanissetta,
Catania, Enna, Messina, Palermo,
Ragusa, Siracusa, Trapani



Food



Cannoli: tube-shaped shell of fried pastry dough filled with a sweet usually containing ricotta cheese, is in particular strongly associated with Sicily worldwide



Arancini (rice balls): prepared with different ingredients inside (with meat, peas, ham, mozzarella etc.) and crispy fried

Cassata cake: dessert which owes its existence to the medieval Arabs of Sicily. Cassata is a tort of plain white cake filled with the same sheep's milk ricotta cream used in cannoli, topped with frosting and sugared fruits



Drink



Moscato and Marsala: sweet wines

Nero d'Avola, Bianco d'Alcamo, Malvasia, Passito di Pantelleria: best known Sicilian wines

Limoncello: Sicilians enjoy a fruity, chilled lemon liqueur during the long, hot and dry summers



Sardegna

Area: 24,090 km²

Population: 1.6 million

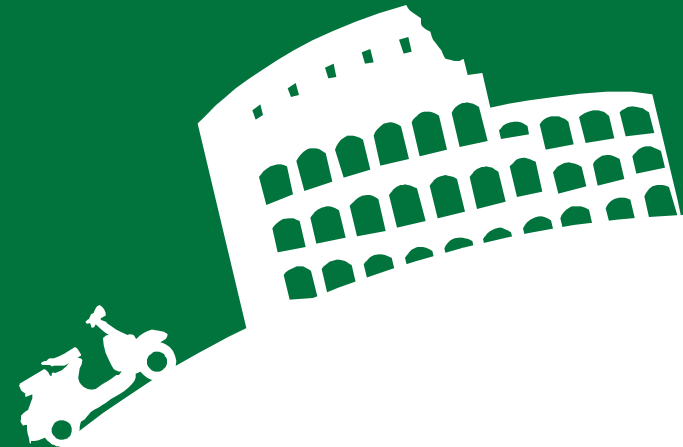
Density: 69/km²

Capital: Cagliari

Main cities: Cagliari, Carbonia-Iglesias, Medio

Campidano, Nuoro, Ogliastra, Olbia-Tempio, Oristano,

Sassari



Food

Porceddu: local specialty of inner Sardinia, it's a young pig roasted in a special manner over a wood fire with an aromatic local shrub called mirto. The pig is frequently basted



Malloreddus: type of gnocchi that are served al dente with a tomato, meat or cheese sauce

Seada: dessert, typical of Barbagi, similar to big Ravioli. It comprises of a characteristic filling of fresh cheese and lemon rind, and melts when Seada is cooked. It must be fried and served with honey



Drink



Cannonau: very strong red wine

Mirto: alcoholic drink that's a local speciality. It is made of wine spirit flavoured with the berries of mirto, a local shrub

Vermentino di Sardegna: light wine with a strong mineral taste



Fil'e ferru: alcoholic local speciality. Its name means "iron wire" because in the XIXth century it was clandestinely distilled and hidden in small holes covered with soil. Only a small iron wire came out from the soil, to remember where the bottles were hidden



Thank you!

Grazie!



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